Self-Advocacy Questionnaire

Name .	Date
. 1.	When you need help, which of these are likely to be difficult for you? (Check all that apply.)
	☐ Taking the initiative and asking for help
	Making your needs clearly understood
	Asking in a positive way
	☐ Knowing what help you need and asking for it specifically
2.	Imagine that you had a difficult time taking notes last year. You are getting ready to start your senior biology class and know that taking notes is very important to passing the tests and the class. When are you most likely to ask for help from the teacher?
	☐ Before the class starts
	☐ During the first week of class
	After you realize that you need help
	☐ After you did poorly on the first quiz
	☐ Never. You don't want the teacher to know you are having difficulty.
	Only if you really need the help to pass
3	You are having trouble understanding what is expected on a class assignment. Who are you most likely to ask for help?
	☐ Parent
	☐ Friend or classmate
	☐ Teacher of the class
	You'd figure it out on your own without asking anyone

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4.	When you need help from a teacher, how would you feel? (Check any that apply.)
	☐ Embarrassed to have anyone know you need special attention
	☐ Frustrated with the teacher
	☐ Frustrated with yourself
	Confused about just what sort of help to ask for
	Comfortable about asking the teacher for help
5.	Who have you asked for help in the past?
6.	Who could you ask for help that you haven't asked? What prevents
	you from asking?
7.	What specific things could you do to get more help and support?